



YULU-BURRI-BA

Aboriginal Corporation for
Community Health

In this edition...

Learn more about our
youth program!

Find out about our new Kinship
and Foster care program!



Yulu-Burri-Ba



yuluburriba

March April May 2023

Message from the CEO

David Collins



It's Reconciliation Week and State of Origin time so that means that winter's here and it's the time when people suffer with cold and flu like symptoms.

And while we thought we had seen the last of COVID, did you know that last week, 41,188 cases of COVID-19 were reported across Australia, an average of 5,884 cases per day.

Vaccination is a safe and effective way to protect you from serious disease caused by the influenza.

Even if you've had COVID-19, you should still get vaccinated and get your booster shots. You are far less likely to get severe disease should you get either the flu or COVID-19 again if you have been vaccinated.

Please call your local clinic and make an appointment to get vaccinated. It's also timely to remind our Aboriginal and Torres Strait Islander clients living in SEQ about Mob Link.

If you are unable to get an appointment with your regular GP, Mob Link can provide services and care online or over the phone.

Mob Link operates 365 days/year, from 7am – 7pm and is staffed by a deadly team of Intake Officers, Nurse, Doctors and Social Workers from across the region.

Give Mob Link a call – 1800 254 354.

Stay safe, keep warm and GO QUEENSLAND!

Cheers

David Collins

Our Acknowledgement to Country

Yulu-Burri-Ba acknowledges the Traditional Custodians of the Quandamooka land on which we work and for many of us, live.

We pay our respects to the Elders of this land who have provided leadership and guidance for Yulu-Burri-Ba to meet the health needs of our community.

It is with pride that we recognise the strength of our community and the voice of our youth who are our leaders of tomorrow.

CAN'T GET AN APPOINTMENT?



In **April**, **444** people
COULDN'T be seen
because
444 people DIDN'T
show up.

Forgetting to cancel your appointment if you no longer need it prevents someone else from being seen and means you'll be waiting longer to see your doctor again.

Ask us about the best ways to cancel an appointment and make sure we have your up-to-date contact details.

CAP - 3900 7800

WYN - 3164 5800

NSI - 3409 9596

SATURDAY CLINICS

Saturday clinics are the perfect time to book you and your jajums in for a health check!

CAPALABA

Capalaba Saturday's clinic is the 1st and 3rd Saturday of every month.

Saturday 3rd June
Saturday 17th June

...

Saturday 1st July
Saturday 15th July

WYNNUM

Wynnum Saturday's clinic is the 2nd Saturday of every month.

10th June 8th July

...

DUNWICH

Dunwich Saturday's clinic is the 3rd Saturday of every month.

7th June 15th July

Telehealth

Yulu-Burri-Ba is encouraging our clients to use our new telehealth services whenever possible.

What is Telehealth?

Telehealth is a great way to access healthcare by using a phone or video call to yarn with your doctor or any of your health care providers.

What do I need?

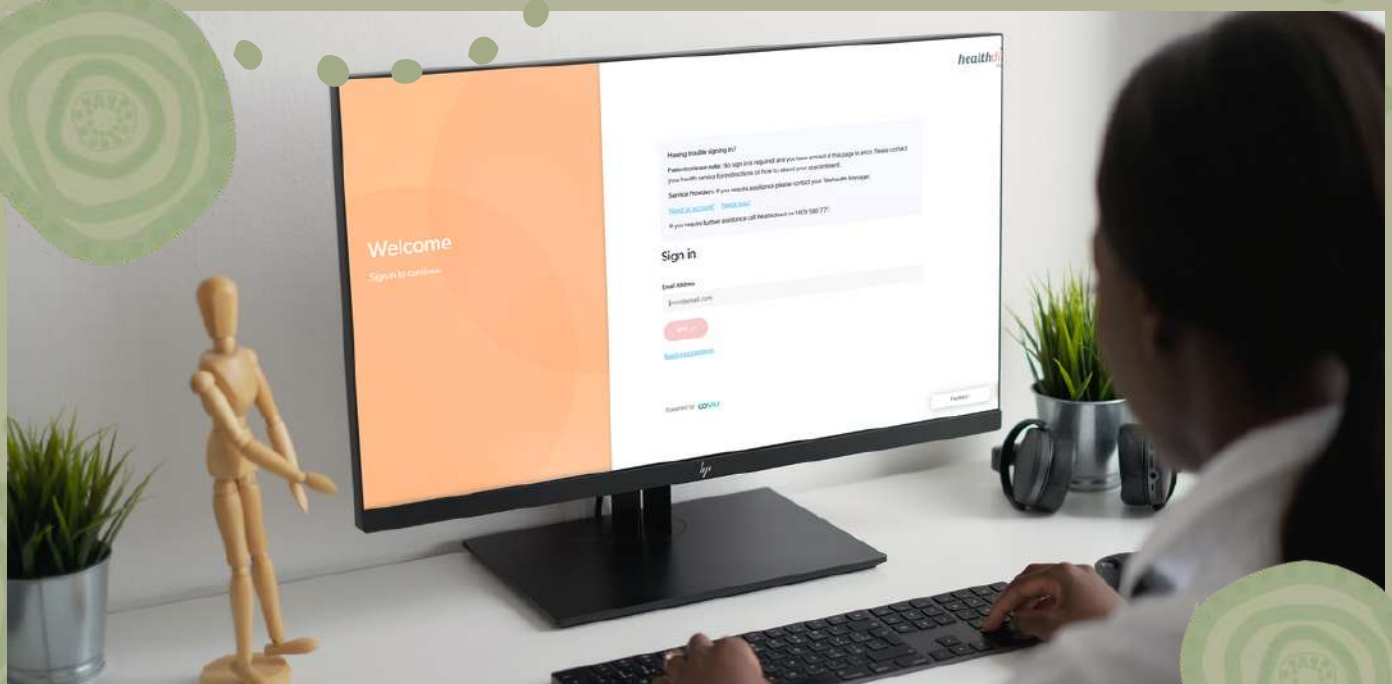
You will need a mobile phone, laptop, or tablet.

If you're not sure whether you have the right device, ask your clinic for assistance.

What services are available through telehealth?

- Discuss test results and post-op care
- Yarn with the social health team
- Discuss management of chronic diseases
- Allied Health appointments
- And much more!

If you are not sure if Telehealth is the right thing for you, just ask when you call your clinic to book your next appointment.



Covid-19

5th Booster

Why should we have a 5th booster?

Did you know there is now a 5th booster available at all YBB clinics?

COVID-19 can cause serious, long-term health conditions. Vaccination is a safe and effective way to help protect yourself, your family and the people around you.

When enough people in the community become immunised, it is more difficult for the virus to spread. This helps to protect people who are too young or too old to get vaccinated and those who cannot get vaccinated for health reasons.

Call your local YBB clinic to book in today!



Why vaccinate children aged 5-11 years against COVID-19?

Children aged 5-11 years represent around 8% of all COVID infections, but only a very, very small proportion of hospitalisations – and those who are hospitalised are mostly there for monitoring and do not have severe disease. That said, children with underlying conditions are still vulnerable, and rarely – otherwise healthy children may become unwell.

In summary – COVID (including omicron) infections are common but severe illness is rare. There is good reason though to vaccinate, with both direct and indirect benefits:

DIRECT BENEFITS:

1. SARS-Cov-2 infections, hospitalisations and deaths due to COVID-19

- Modelling studies indicate that vaccinating young children will have a considerable effect on reducing COVID-19 hospitalisations, ICU admissions and death in the overall population
- Vaccination of 5 to 11 year old children is likely to reduce the risk of hospitalisation and death in this age group specifically but is hard to quantify the effect, given sincere disease in this age group is rare

12. Paediatric inflammatory multi-system syndrome temporally associated with SARS-CoV-2

(PIMS-TS) is a rare but very serious condition associated with COVID-19 in children. It occurs in around 1:3000 children in the weeks after a COVID-19 infection. Vaccination reduces the risk of COVID infection and the occurrence of this COVID-related syndrome.



V3. Post-acute COVID-19 syndrome (PACS) or “Long COVID” – although this syndrome appears to be much less common in children, there is insufficient data to know for sure what long-term effects COVID infection will have on children

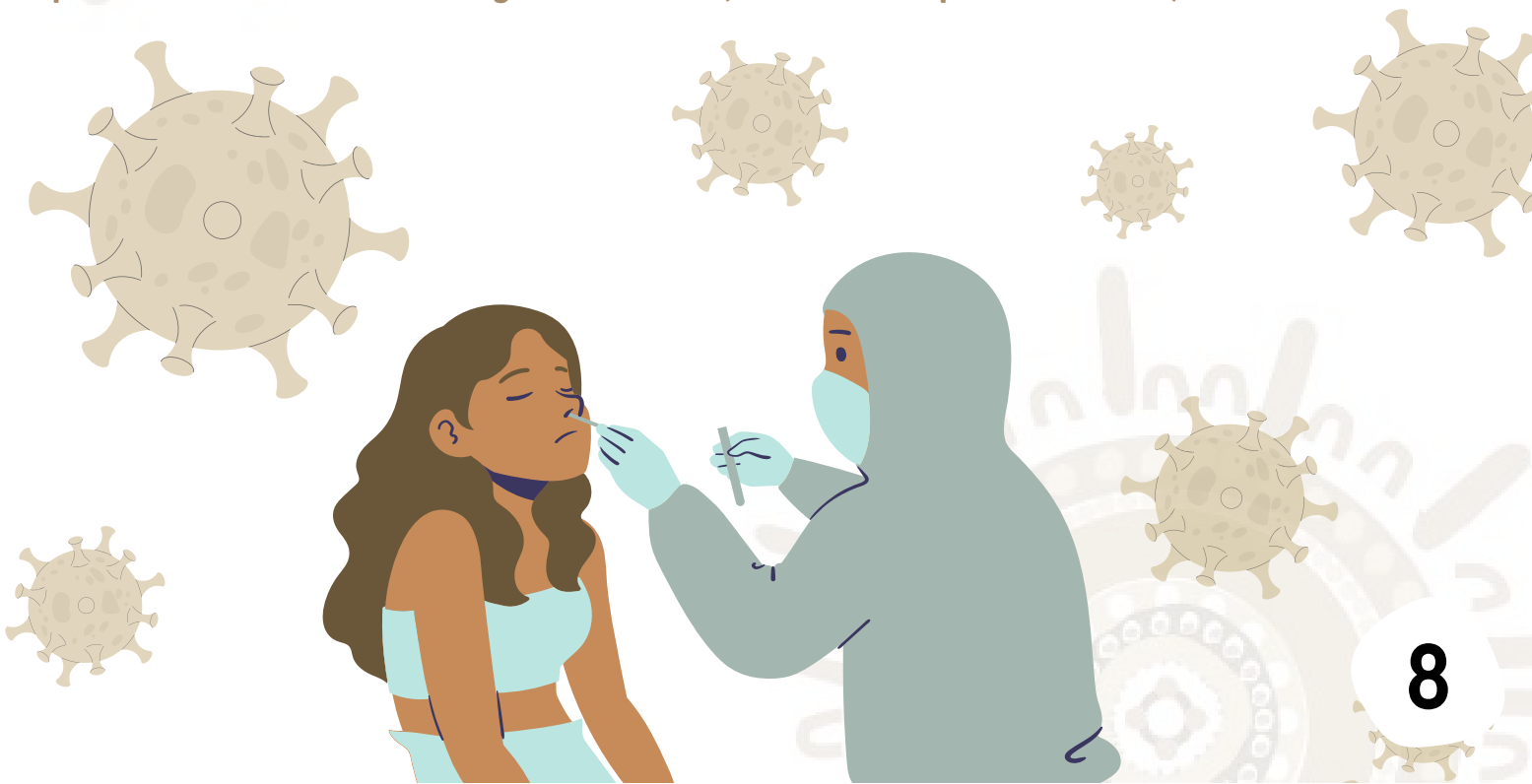
INDIRECT BENEFITS:

Vaccination of children in this age group reduces the risks associated with:

- School closures as part of public health measures
- Disruption to extra-curricular and social activities
- Parents needing to be absent from work
- Isolation of children and their families

Pfizer COVID Vaccine for children 5-11 years – Safety Data

- The Pfizer COVID vaccine for children aged 5-11 years was trialled with around 3,500 children in this age group, with no serious adverse events and generally mild reactions to the vaccine
- AusVaxSafety tracks adverse events following vaccination. 57,000 post-vaccination surveys over the first 3 weeks of the Australian vaccine roll-out reported generally milder side effects after vaccination than for teenagers and adults
- Roll-out in the USA commenced in November – by January 2022, over 8 million children have been vaccinated, with the profile of side effects and adverse events very similar to that in the trials. There have been 11 reported myocarditis / pericarditis events following vaccination (i.e. around 1 per 100,000), all recovered.



Aunty Jocco's Story

Tell us about yourself

I'm a Butchchulla woman and I was born in Bundaberg but half my life I've spent on Minjerribah (North Stradbroke Island). My great grandmother is Butchchulla woman too. She came from K'gari (Fraser Island) and my mother and father are from Woorabinda.

I raised my 5 kids here on Minjerribah – I love it here. it is a safe and beautiful place to live.

How long have you been participating in the Work it Out Program?

I've been fortunate enough to be given the opportunity to be in many Yulu-Burri-Ba programs. In 2012 I started the work it out program 3 days a week with three other Yulu- Burri-Ba clients. When it first started, we had to travel to Capalaba YBB to access this program. The travel was long but the effort was well worth it.

What is something unexpected you've experienced on this journey?

To lose weight, I was able to lose weight to have my operation. With the support of Yulu-Burri-ba, I had access to Physio, Doctors and the programs YBB provides. This helped me lose 100KGs for my operation.

What lead you to join the Work it out Program?

My health, I was once 300kgs with a lot of health issues. I needed an operation but I had to wait 7 years to get on the operating table because they couldn't safely operate when I was that weight. The doctor told me I had to get down to 100 kg for them to safely do the operation.

What has the Work it Out Program done for you- Mentally/physically/emotionally and culturally?

Saved me. This program has given me a new life. I had the continuous support of Yulu Burri Ba and the new friends I gained along the way.



Before



After

What do you think this program means for our community?

Healthier and happier people, if they can access this program and stick it out it will improve their life and help them live longer. It would be great if more people were encouraged to come along and see just what the Work it

Out program has to offer.

If I can do it, you can do it.

Favorite memory or part of this experience so far?

Doing this with my brother Peter when he was younger, he was in the programs with me. The people I met over the years, not only the patients but the staff too. Each worker had a different experience that they taught to us, and each day was a new day to learn different things and yarn to different people.

What advice would you give others about this program?

I would encourage them to do it, I was in a bad place not only mentally but physically. These programs saved my life.

What is one thing you will take away from this experience?

The knowledge I've been taught along the way. The different exercises to help me overcome some previous injuries, healthy eating and most of all, the friendships I've made over the years. Each new person I met they shared their experiences, that I can teach my kids and their kids.

Aunty Colleen's Story



Tell us about yourself

I am a Yuwaalaraay/Kamilaroi woman, I grew up in a little town called Dirranbandi Queensland. I have 4 daughters, and 9 grandchildren. I worked as an all-rounder in a café called the Big Frog Café for 3 years. Then progressed into Aged Care for 13 years, as an AIN.

How long have you been an Aboriginal health worker?

I completed my Certificate IV as an Aboriginal Health Worker at TAFE Bundamba in 2018. I then moved to Redlands and have been working 4 1/2 years as a Aboriginal Health Worker at YBB. I was encouraged by YBB to do further studies, and completed by Certificate where I am now an Aboriginal Health Practitioner.

What is something unexpected you've experienced on this journey?

The joy I feel in coming to work, and the knowledge that I am helping my people. I love chatting and doing a bit of bantering with my clients. I also enjoy seeing mob better their health based on the support and guidance I give to my clients.

What lead you to seek out becoming an Aboriginal health worker?

I always wanted to work in Aboriginal Health as it was a passion of mine. Aged Care was getting too full on, and I wanted a change in my career, but I was too young and broke to retire. I rang a friend at Tafe, and she gave me a few options. I then enrolled in TAFE and never looked back.

Becoming an Aboriginal health worker what has it done for you mentally/ physically/ emotionally and culturally?

Mentally: Contentment / Physically: I enjoy the variety of my workload and the constant change of environment/ Emotionally: I feel happy and content /Culturally: I am so happy to be doing what I am doing with my Aboriginal community, advising, encouraging, and advocating for them.

Favorite memory or part of this experience so far?

My favourite part of this experience is the different training opportunities that I have had. Also, I have met so many amazing people and learnt so much, overall, it is awesome.

What advice would you give others about this program?

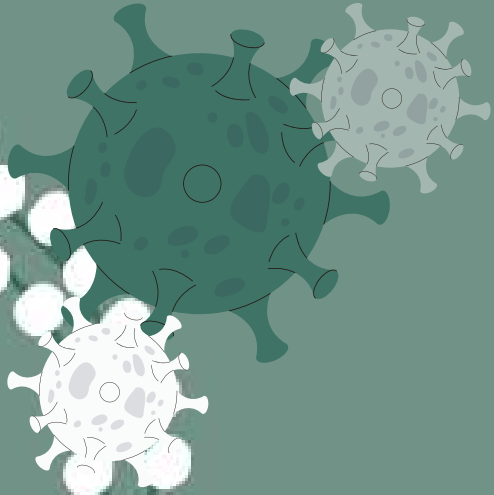
I would and do like to encourage people to work as a Health Worker within YBB. The benefits are numerous including meeting new people, regular encouragement to train further from HR, and working in a great team environment.

What do you think this program means for our community?

I think our community appreciates what we have to offer, as we are really the one stop shop, for all their health issues. I feel we are a social place for a lot of our clients that come in regularly. We make them feel welcome, and we do go out of the way to make things easier for them. It is also enabling a trust in the health environment for our mob.

What is one thing you will take away from this experience?

The feeling of contentment, with helping our clients. I love the way YBB has welcomed me into their family. I feel very blessed.

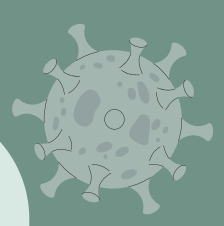


Lets bust some myths about the flu vaccine!

oooooooooooooooooooooooooooo

Myth 1: Influenza is not serious so I don't need the vaccine

Fact: As many as 650 000 people a year can die of the flu. This only represents respiratory deaths, so the likely impact is even higher. Even healthy people can get the flu, but especially people whose immune systems are vulnerable. Most people will recover within a few weeks, but some can develop complications including sinus and ear infections, pneumonia, heart or brain inflammations.



You can now get the winter flu vaccine! call your local YBB clinic to book your appointment!





PHN Reconciliation Action Plan Launch!

Monday 13th
February



On 13 February 2023, Yulu-Burri-Ba was invited by PHN to attend the launch of their Reconciliation Action Plan at Indigiscapes Capalaba.

Reconciliation Action Plans (RAP's) aim to provide a structured approach to advancing reconciliation within the communities and businesses.

RAPs vision is an Australia where no gaps exist in the opportunities, health outcomes and life expectancy of Aboriginal and Torres strait Islander peoples.

RAPs focus on relationships, respect, and opportunities. It is guided by the five core principles of reconciliation: race relations, equality and equity, institutional integrity, unity, and historical acceptance.

Yulu-Burri-Ba was honoured to accept the invitation to attend the launch.



WHATS COMING UP

27 May - 1967 Referendum

The 1967 Referendum was a landmark achievement following decades of activism by Aboriginal and Torres Strait Islander and non-Indigenous people, where more than 90 percent of Australians voted in favour of amending two sections of the Australian Constitution.

27 May to 3 June - National Reconciliation Week

National Reconciliation Week celebrations commemorate two significant milestones in the reconciliation journey-the anniversaries of the successful 1967 Referendum and the High Court Mabo Decision.

12th - 18th June men's health week

This week is International Men's Health Week. Men's Health Week is a time to raise awareness and promote the support of men's health and wellbeing.

3 June - Mabo Day

On 3 June 1992, the High Court of Australia overturned the principle of "terra nullius" or "nobody's land" as claimed by the British when they first arrived in this country. The decision has paved the way for Native Title legislation.

2 July to 9 July - NAIDOC Week

NAIDOC Week celebrations are held across Australia to celebrate history, culture and achievements of Aboriginal peoples and Torres Strait Islander peoples.

Kinship & Foster Care Program

Foster Carers are everyday people who want to make a difference in a child's life

Hey you mob!

Are you interested in becoming a Carer?

This could be a life-changing decision for you and a young Jarjum in need of a loving home, connection to culture and community.

We are looking for you to help us support our most vulnerable children and together we can make a brighter future for our Jarjums.

If you are interested in becoming a Kinship or Foster Carer, contact one of our friendly staff from the Kinship and Foster Care Program, who will walk alongside you to get all the information you need.

Any questions please
contact #3900 7870
or on FKC@ybb.com.au



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Easter Vacation care program 2023

Over 2 days at easter, 26 kids who were up to date with their health check, visited bounce to have fun, exercise and catchup with their mates.

Yulu-Burri-Ba wants to thank all the kids who attend these days as well as their parents who helped get all kids up to date with their health checks and consent forms.

We would also like to thank Deadly Choices and Yulu-Burri-Ba staff who helped on these days.

YBB will be running another vacation care program over the June/July holidays.

We hope to see you all again then!



Youth Program

About the program

NSI Yulu-Burri-Ba Youth Workers are working in community to facilitate programs that focus on improving Social and Emotional Wellbeing among our youth. The focus age group is 12-25 years. Our programs will promote a sense of belonging, connection to culture and community, and will provide a safe space, physically, spiritually, and emotionally for our youth.

WHO WE ARE?

Canay

My name is Canay Brown Coghill, I am a proud Gorenpal and Yagarra woman living and working on my ancestral land. I have my Bachelor of Psychological Science and Master of Social Work Studies. My passion is working with youth, I believe in recognising and praising all achievements, whether they are big or small. My goal in this role is to ensure that our mob have someone to turn to for anything and feel safe doing so.



Taryn

My name is Taryn Ruska-Fisher I'm a part of the Youth Social and Emotional Wellbeing team. I'm a Carpenter by trade and a proud Aboriginal Man. I look forward to working with the youth and giving back to community. I'm keen to find out what you would like to do/see around community and things you need help with (Looking for jobs, Resumes etc.). Come out to our drop in space and say hello to Canay and myself. We're always up for a yarn [-O-]



What can we do?

- Usually just drop-in and we can do activities that are led by the youth and what they need
- One-on-one yarns
- Resume writing / interview preparation
- Goal setting
- Cultural connection
- Women's' business
- Men's business

Opening hours

Canay's availability Monday to Friday 11:30am-7pm

Taryn's availability Monday to Friday 2pm-7pm

You can send us a message to check if we are available.

How to contact us

Canay's mobile 0400 546 641

Taryn's mobile 0428 817 495



WEEKLY CALENDAR

MONDAY

**Drop-in/
Yarns**

TUESDAY

**Physical
activity – meet
at the Dunwich
Tennis courts
at 4PM**

WEDNESDAY

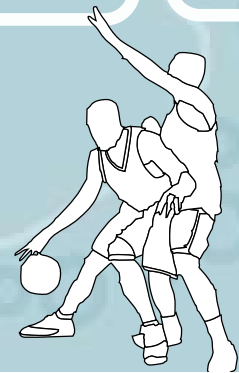
**Drop-in/
Yarns**

THURSDAY

**-Basketball
-Tennis
-Touch
meet at the
Dunwich Tennis
courts at 4PM**

FRIDAY

**Drop-in/Yarns
Every second
Friday,
cooking and
dine together**



WHAT A '715' HEALTH CHECK CAN DO FOR YOU!

An annual health check can help make a real difference with staying healthy and strong.

This helps identify any risks of illnesses or chronic conditions before its to late.

After your health check, and with your agreement, your doctor can refer you to up to 10 free follow-up services if needed, like: a specialist or another health service, a counsellor or a service that works to prevent chronic conditions.



WHAT INCENTIVES CAN I GET?

After completing your 715-health check you can choose to have either a

- Deadly choices health check shirt!
- A deadly choices singlet
- Bennie
- Scarf
- Hat

HOW CAN I GET A '715' HEALTH CHECK?

Give your closest clinic a call and ask our friendly receptionists to book you an appointment!



Yulu-Burri-Ba
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WE LOVE FEEDBACK!

Yulu-Burri-Ba strives to provide the best service to the community.

Incorporating your feedback is an important aspect that provides us the information we need to better our services. We take all of our feedback, whether negative or positive very seriously.

HOW TO MAKE A COMPLAINT OR GIVE A COMPLIMENT

If you have received great customer service or you wish to pay Yulu-Burri-Ba a compliment, please let our Managers know. They will make sure the right person receives your feedback. Thank you - we all like to feel valued and appreciated.

If you have a Complaint:

- First speak to the Manager. This will ensure problems are handled effectively and in a timely manner, as well as identifying ways that we can improve in the future.
- You may also ask staff to give you a 'Complaints and Grievance' form which can be filled in and handed back in.

If after speaking with a Manager you wish to escalate the matter further, please contact:

Yulu-Burri-Ba Health Services Manager

Email: info@ybb.com.au
Phone: 07 34099596, or
Write: PO 154 Dunwich QLD 4183

Health clients: If you need to discuss the matter outside Yulu-Burri-Ba, please contact, The Office of the Health Ombudsman
Email: info@oho.qld.gov.au
Phone: 133 646
Write: 400 George Street, Brisbane Qld 4000

Social & Family Wellbeing clients: If you need to discuss the matter outside Yulu-Burri-Ba, please contact, The Complaints Unit at The Department of Child Safety, Youth and Women
Email: feedback@csyw.qld.gov.au,
Phone: 1800 080 464
Write: Locked Bag 3405, Brisbane Qld 4001



What is Mob Link?

Mob Link is a service that was created during the pandemic by UIH to support mob in SEQ by linking you to the services you need.

Mob Link can help by linking you to:

- Support navigating the hospital system
- Health and social services
- COVID care support services such as:
- Booking community events to discuss COVID
- Booking vaccination events
- Booking an appointment to be vaccinated at an AMS
- Organise care for someone who has contracted COVID
- Organise support for mob experiencing hardship due to isolation

Centerlink!

DONT FORGET, YOUR LOCAL CENTERLINK AGENT IS:

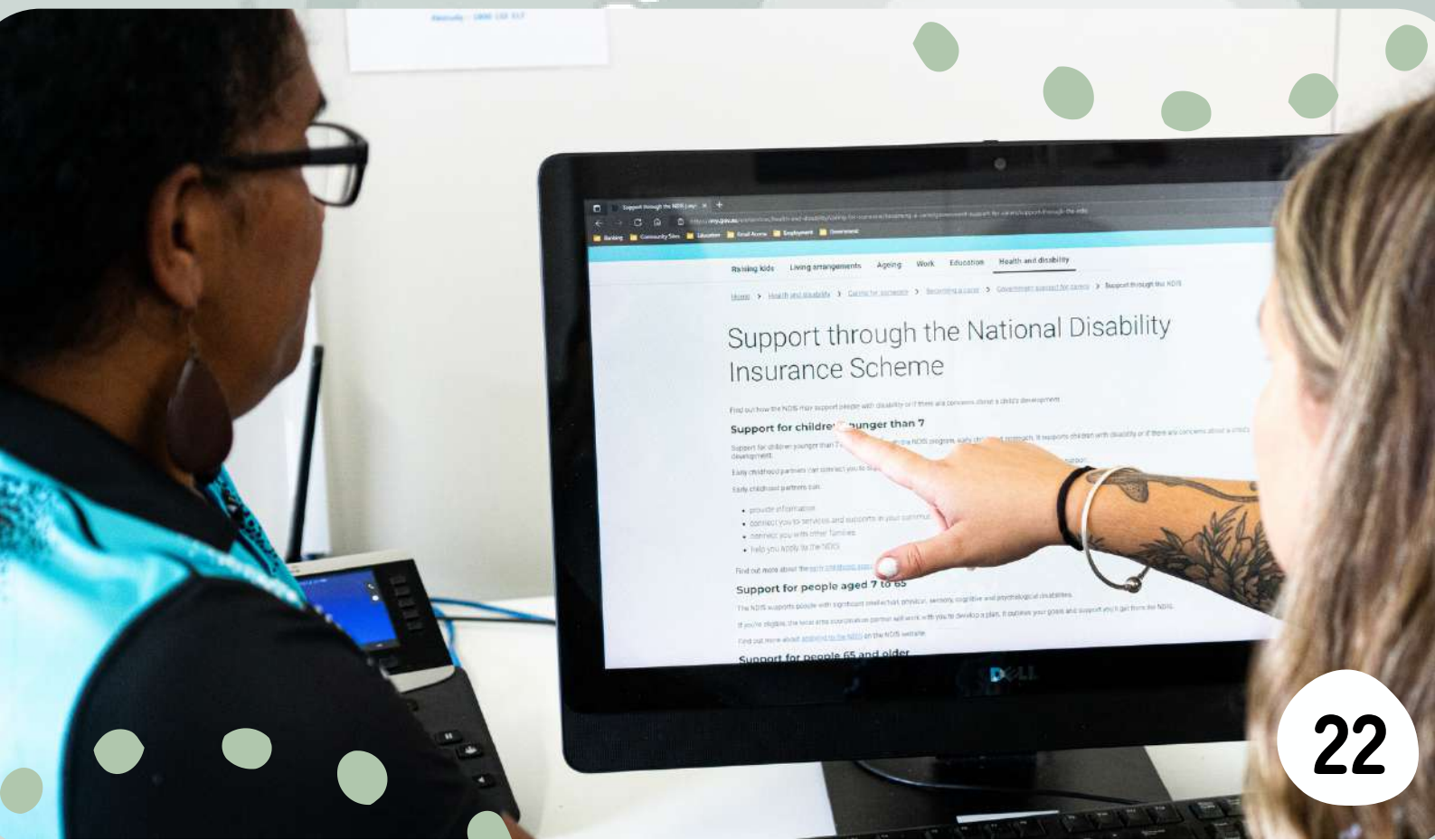
Yulu-Burri-Ba Aboriginal Corporation for Community Health
16 Dickson Way, Dunwich 4183
Mon-Fri 9:00am - 3:30pm

**Have you recently changed your name, number, address
Medicare card or health care card?**

If you have, it's so important you update this information with your clinic!

We need your information to be correct and current to ensure we can give you the best care possible!

Call your clinic and let them know about any changes straight away!





Yulu-Burri-Ba

Aboriginal Corporation
for Community Health



CAPALABA

**SHOP 2/1 FINUCANE
ROAD, CAPALABA
QLD 4157
PH: (07) 3900 7800**

DUNWICH

**16 Dickson way
Dunwich, QLD
4183
PH: 3409 9596**



FAMILY SERVICES

**7A/39 Old Cleveland
Road, Capalaba QLD
4157
PH: (07) 3900 7870**

WYNNUM

**85 EDITH STREET,
WYNNUM QLD
4178
PH: (07) 3164 5800**